

II. AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-31. (Cancelled).

32. (NEW): A method of providing saccharides, comprising:
mixing into a single dose a dietary supplement composition comprising:
a nutritionally effective amount of purified acetylated mannose;
a nutritionally effective amount of a first saccharide source selected from gum ghatti, gum tragacanth, corn starch and arabinogalactan; and
a nutritionally effective amount of at least two saccharides selected from galactose, glucose, mannose, xylose, fucose, arabinose, glucuronic acid, galacturonic acid and glucosamine.
33. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises a nutritionally effective amount of dioscorea complex.
34. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises a nutritionally effective amount of a blend of freeze-dried and powdered raw fruits and vegetables.
35. (NEW): A method of providing saccharides according to claim 34, wherein the dietary supplement composition further comprises a nutritionally effective amount of a xanthine and an herbal body-toning agent.
36. (NEW): A method of providing saccharides according to claim 34, wherein the blend of freeze dried and powdered raw fruits and vegetables comprises:
broccoli, brussel sprouts, cabbage, carrot, cauliflower, garlic, kale, onion, papaya, pineapple, tomato and turnip.

37. (NEW): A method of providing saccharides according to claim 33, wherein the dietary supplement composition further comprises a nutritionally effective amount of beta sitosterol.
38. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises a nutritionally effective amount of melatonin.
39. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises an effective amount of a saccharide bioabsorption aid.
40. (NEW): A method of providing saccharides according to claim 39, wherein the saccharide bioabsorption aid comprises soy lecithin.
41. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises a nutritionally effective amount of a dioscorea complex and a blend of freeze-dried and powdered raw fruits and vegetables.
42. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises a nutritionally effective amount of one or more non-toxic vitamins and minerals.
43. (NEW): A method of providing saccharides according to claim 42, wherein:
the one or more vitamins comprise A, B1, B12, B2, B6, beta carotene, bioflavanoids, biotin, C, choline, D, E, folic acid, inositol, K, niacinamide, para-aminobenzoic acid, and pantothenic acid; and
the one or more minerals comprise boron, calcium, copper, GTF chromium, iodine, iron, magnesium, manganese, molybdenum, potassium, selenium, silicon, vanadium and zinc.
44. (NEW): A method of providing saccharides according to claim 33, wherein the dietary supplement composition comprises from about 50 to about 99.9999 weight percent of the saccharides and from about 0.0001 to about 50 weight percent of the dioscorea complex.

45. (NEW): A method of providing saccharides according to claim 33, wherein the dietary supplement composition comprises from about 30 to about 99.99 weight percent of the saccharides and from about 0.01 to about 70 weight percent of the dioscorea complex.
46. (NEW): A method of providing saccharides according to claim 45, wherein the dietary supplement composition comprises from about 60 to about 90 weight percent of the saccharides and from about 10 to about 40 weight percent of the dioscorea complex.
47. (NEW): A method of providing saccharides according to claim 46, wherein the dietary supplement composition comprises about 80 weight percent of the saccharides and about 20 weight percent of the dioscorea complex.
48. (NEW): A method of providing saccharides according to claim 34, wherein the dietary supplement composition comprises from about 0.01 to about 99.999 of the saccharides and from about 0.001 to 99.99 of the blend of freeze-dried and powdered raw fruits and vegetables.
49. (NEW): A method of providing saccharides according to claim 48, wherein the dietary supplement composition comprises from about 1 to about 80 weight percent of the saccharides and from about 20 to about 99 weight percent of the blend of freeze-dried and powdered raw fruits and vegetables.
50. (NEW): A method of providing saccharides according to claim 49, wherein the dietary supplement composition comprises from about 5 to about 50 weight percent of the saccharides and from about 50 to about 95 weight percent of the blend of freeze-dried and powdered raw fruits and vegetables.
51. (NEW): A method of providing saccharides according to claim 32, wherein the dietary supplement composition further comprises an herbal extract or plant extract of broccoli, brussel

sprouts, cabbage, carrot, cauliflower, garlic, kale, onion, papaya, pineapple, tomato, asparagus, mushroom, parsnip, radish and turnip.

52. (NEW): A method of providing saccharides according to claim 51, wherein the dietary supplement composition comprises from about 25 to about 99.999 weight percent of the saccharides and from about 0.001 to about 75 weight percent of the herbal or plant extract.

53. (NEW): A method of providing saccharides according to claim 52, wherein the dietary supplement composition comprises from about 10 to about 90 weight percent of the saccharides and from about 10 to about 90 weight percent of the herbal or plant extract.